



WHEN:

Wednesday,

May 8, 2019

5:30 pm—6:30 pm

(Testing to start at
5:30pm)

Where:

**West Des Moines
Police Department**

Cost: FREE



West Des Moines Police

Conditioning Camp

- ◇ Anyone looking to get into law enforcement in Iowa is required to complete a standardized physical test consisting of four individual tasks.
- ◇ Each year many qualified applicants are eliminated from application processes for failing to meet the minimum physical standards.
- ◇ The West Des Moines Police Department is working to reduce the number of applicants who fail to meet the minimum standards by helping the applicants prepare for the tests.
- ◇ The Conditioning Camp will allow anyone with an interest in law enforcement to test their skills in the four graded areas and identify areas where they need to focus prior to the department testing day.

TESTING CONSISTS OF:

- **Sit & Reach / Flexibility Test**
- **Max number of sit-ups in 1 minute**
- **Max number of push-ups in 1 minute**
- **1.5 mile run**

<https://ileatraining.org/files/DDF/Form-Physical%20Standards.pdf>

**To register contact Lt. Dan Jansen 515-222-3343,
or daniel.jansen@wdm.iowa.gov**

*****These test results will NOT be accepted by the West Des Moines Police Department for this hiring process. The results are only a guide for the applicant.**